

GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in your home with no equipment or apparatus. The children can even do this in their normal clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

The warm up...

Pasta Shapes - Shout out different types of pasta and the children do the associated action.

- Spaghetti – Reach up tall and thin, stretching arms up over the head
- Pasta Twists – Spin around on the spot
- Lasagne – Lie as flat as possible on the floor, stretching arms and legs
- Tagliatelle – Wiggle and wave using all parts of the body
- Spaghetti Hoops – Make a big circle with the arms



Main activity...

A Visit to the Zoo - Explain to the children that they are walking around the zoo where they will see lots of different animals. Children walk on the spot as you create a commentary about the different sights with associated actions. Accompanying noises are optional!

- Monkey: Knees bent and arms swinging from side to side
 - Giraffe: On their tiptoes reaching up high and being as tall as they can
 - Elephant: Bending over and swinging one arm like a trunk
 - Tiger: Crouching low ready to pounce then spring up high
 - Kangaroo: Crouching low then bouncing on the spot
 - Cheetah: Running as fast as they can on the spot
 - Snake: Hands together and sway with arms moving upwards
- Invite the children to think of other animals and actions.

Cool down...

Elephant Breathing - Ask the children to stand with their feet wide apart. Breathe in through their nose raising both arms up with fingers interlocked. Exhale through the mouth while bending at the waist and dropping the arms. Swing the arms from side to side like a trunk. Repeat 3-4 times.

